

FIT & THRIVE FAZE 3



ZESTFOREVER
PLANT BASED WORLD

Week Nine To Twelve

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3

As we are on our final 28 days of your plant based diet and fitness journey, we have decided to do things a little differently this month.

You will no longer be sticking to a ridged food plan and instead will be choosing you own meals from your favourites. No doubt in the last few months you will have found lots of new dishes you enjoy, and some you don't so much. The last few months have been designed exactly for that purpose, to find out which plant based foods you will incorporate into your life going forward.

You should by now have a good understanding of how to put nutritionally complete plant based meals together in terms of proteins, healthy complex carbohydrates and healthy fats. You will also know how to correctly portion these to keep you satiated and full.

What you will be given in this section is a selection of the highest protein meals that would be great for you to use on training days especially. You may also wish to experiment with more recipes from the internet or from our plant based group's recipes section, so please do join us.

Whole Food

Remember, going forward, that a good proportion of your diet should come in the form of 'whole' foods, such as fruits, vegetables, nuts, seeds, legumes and wholegrains. Keep to a bare minimum your refined oils, refined carbs and sugars.

Basically anything that has been taken away from its whole form is no longer considered a whole food, but don't get too pedantic about this, just be wary, especially if you want to keep your weight down.

Nut Butter & Apple Cinnamon Toast

For The Toast

- 2 slices of granary or 1 x large piece of sourdough (you can use what ever bread you prefer)
- 1.5 tbsp of peanut butter
- 1 x sliced apple
- A sprinkle of cinnamon

Method

Toast the bread and top with peanut butter, sliced apple and sprinkle of cinnamon.

High Protein Granola

Served with soy milk and 1 small sliced banana



High Protein Porridge

Method

Make your porridge up however you usually take it but add a scoop of vanilla/peanut/hemp protein powder at the end.

Buckwheat Pancakes

For The Pancakes

- 1/2 cup of oat flour
- 1/2 cup of buckwheat flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 3/4 cup of oat milk
- 1 banana
- 1 tbsp almond butter
- 1 tbsp maple syrup (optional)



Method

1. Mix all your dry ingredients in a separate bowl.
2. Place the rest of your ingredients in a blender and blend until smooth.
3. Combine both wet and dry ingredients in a bowl and stir with a spoon.
4. Place 1/4 of a cup of your batter mix into pre-heated a non-stick skillet (or lightly greased skillet or frying pan) and cook for about 2 minutes each side on a medium heat.
5. Serve with coconut yoghurt, fresh fruit, or no added sugar jam. You may also like to try the British way of lemon juice and sugar (use a little xylitol). You can also add a small portion of chopped pistachios for extra protein!

Chocolate Peanut Butter Shake

For The Shake

- 1 x frozen, sliced banana
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk
- Scoop of protein powder (optional)

Method

1. Blast in your high power blender for about 20 seconds until frothy. Drink immediately.

Tofu Scramble

For The Scramble

- 200g of firm block tofu
- Veggies of choice (spinach, peas, bell peppers, onions, sweetcorn all work well)
- 1/2 tsp of turmeric for egg colour
- Salt and pepper to taste

Method

1. Drain your tofu and place on a chopping board. Mash with a potato masher.
2. Fry in a tiny bit of oil your veggies (except spinach if using) until tender.
3. Add your tofu and spices and cook out for about 5 minutes, stirring continuously.
4. Serve on an optional piece of toast.



Sourdough, Banana and Nut Butter

For The Sourdough

- Thick slice of granary or sourdough bread
- 1 x tbsp peanut butter
- 1 x sliced banana

Method

Toast 1 x thick slice of sourdough or granary bread and top with 1 x large tbsp of peanut butter and 1 x sliced banana.



High Protein Split Pea Soup

For The Soup

- 2 x cups of yellow split peas cooked as per packet instructions
- 2 x chopped carrots (into half inch cubes)
- 1/2 a large butternut squash cut into 1 inch cubes
- 1 x large onion chopped into 1 inch chunks
- 2 x heaped tsp of vegetable bouillon
- Big handful of fresh parsley

Method

1. Add all your chopped veggies and bouillon to a large saucepan, then add enough boiling water to cover.
2. Simmer until tender (keep adding more water to just cover if it evaporates)
3. Add your cooked peas, and again more water if needed and bring back to simmer.
4. With a potato masher roughly mash your soup to desired consistency. You could take half out, blend until smooth then add back. Or smooth the whole thing if that's what you prefer. Bring back to a simmer and adjust to desired consistency with extra hot water (this is supposed to be a thick soup).
5. Add some seasoning of salt and pepper to taste, and your fresh parsley right before serving.

Toasted Peanut Butter Sandwiches

Also tastes good with Marmite or yeast extract.

For The Toastie

- 2 x slices of granary or sourdough bread
- Peanut butter
- Yeast extract or sugar-free jam

Method

1. Toast your sourdough or granary bread, leave to cool, spread with peanut butter and yeast extract and wrap up for work.



Coconut, Quinoa and Mango Salad

For The Salad

- 1 x cup of dried white quinoa cooked as per packet instructions (usually in 2 cups of water)
- 1/2 finely sliced red onion
- 3 x cups of diced cucumber
- 1 x ripe mango cut into small chunks
- 1 x large grated carrot
- 1.5 cups of finely sliced red/purple cabbage
- 2 x cups of defrosted edamame beans
- 1/2 cup of toasted coconut flakes
- 1/4 cup of roughly chopped pistachios
- 1/4 cup of finely chopped parsley
- Handful of finely chopped fresh basil
- Salt and pepper to taste

For The Dressing

- 2 x tbsp of tahini paste
- Juice of 1 lime
- 2 x tablespoons of apple Cider vinegar
- 1/2 cup of water



Method

1. Mix all of the salad ingredients together in a large bowl.
2. Whizz up the dressing ingredients in your blender.
3. Mix dressing into your salad last minute. DO NOT dress the salad that you will be saving in an airtight container for tomorrow's lunch. You need to leave them both separate and dress again before serving.

Classic Hummus, Carrot & Rocket

Method

Sandwich of 2 slices of thick wholemeal, or sourdough OR corn, sweet potato, whole wheat or lentil tortilla wrap.

A large tablespoon of hummus, 1 grated carrot and a big handful of rocket, salt and pepper to taste.



Miso Soup with Noodles & Tofu

Make sure you add in lots of Veggies as well

For The Soup

- Miso paste
- Chopped vegetables of choice
- Buckwheat or brown rice noodles
- Spring onions
- 100g of hard block tofu
- Tamari/soy sauce
- Ginger powder

For The Dressing

1. Chop your tofu into about 8 pieces and dry fry until golden on all side with a little tamari and ginger powder.
2. Meanwhile use 1 x tablespoon of miso paste to make a soup with chopped veggies of choice and buckwheat or brown rice noodles. Remember to cook your noodles first, and keep veggies al dente.
3. Top with chopped spring onion.



Smokey Tofu Toastie

For The Toastie

- 1/4 block of tofu cut into 1/4 inch slices
- 1/2 tsp maple syrup
- 1 x tbsp tamari sauce
- Pinch of smoked paprika
- 1/2 tsp of coconut oil
- 2 x slices of granary bread
- 1 x ripe tomato
- Spinach or other green leaves
- Vegan mayo (optional)

For The Dressing

1. Heat a frying pan with the oil and fry your tofu until browned (you can do this oil-free in a non-stick pan if you need to).
2. Whilst your tofu is cooking get your bread toasted and mix your tamari, smoked paprika and maple syrup together.
3. Reduce heat and put your tamari mix onto your tofu. Turn and coat and cook for a further minute or so to thicken sauce.
4. Add vegan mayo to your toast on both sides, then top with your tofu, sliced tomatoes, spinach and a pinch of salt and pepper.

Classic Nut Roast

Serves 4

For The Nut Roast

- 2 cups red or green lentils, cooked (you can use a tin for ease if you like)
- 1 x cup of chopped mixed nuts
- 1 finely chopped onion
- 2 cloves crushed garlic
- 1/3 cup unsulphured, dried apricots roughly chopped
- 1/2 cup of pumpkin and sunflower seeds
- 1x grated carrot
- 1 1/2 tsp dried mixed herbs
- 1 tsp tamari sauce
- 1 tsp turmeric powder
- Salt and pepper to taste



Method

1. Preheat your oven to 180C (350F).
2. Add a spray of coconut or olive oil to a large frying pan and fry your onions gently for a few minutes (you can do this oil free if you like by frying in a little water).
3. Add in the rest of your ingredients, apart from the salt and pepper
4. Fry over for another couple of minutes, add your either pre-cooked or canned drained lentils, stir, and season to taste.
5. Line your loaf tin (about 20cm x 10cm) with non-stick baking paper and spoon in the mixture, making sure to press down well.
6. Bake for 50 minutes, remove and cool slightly before gently removing from tin. Cut into chunky slices.
7. Serve with your crispy roast potatoes, onion gravy (optional) and steamed veggies of your choice.
8. You can store this meat loaf for up to 3 days in your refrigerator, OR up to 3 months in the freezer.

Broccoli & Chickpea Stir-Fry

Serves 2

For The Stir-Fry

- 1 x tbsp of oil
- 1 onion diced
- 5 x garlic cloves minced
- 1 x heaped tbsp of fresh ginger minced
- 1 x tsp of onion powder
- 1 x tsp paprika
- 1/2 x tsp of smoked paprika
- Black pepper & sea salt to taste
- Pinch of cayenne pepper
- 1 x medium head of broccoli cut into small florets (450 g)
- 1/3 of cup of vegetable broth (80 ml)
- 1 x 400g can of chickpeas rinsed and drained
- Cooked brown rice for serving (use quinoa for higher protein)

For The Dressing

- 3 x tsp of soy/tamari sauce
- 1/2 cup of water (120 ml)
- 2 x tbsp rice vinegar or balsamic vinegar
- 2 x tbsp of maple syrup or any other sweetener
- 1 x tbsp of cornstarch

Method

1. Heat oil in a pan over medium heat. Add onion, ginger, garlic, and all spices. Sauté for 3-4 minutes.
2. Add broccoli florets and vegetable broth. Fry until the broccoli is tender but not soft, about 10 minutes.
3. Meanwhile, prepare the sauce: In a medium bowl, combine water, soy sauce, vinegar, maple syrup, and corn starch. Whisk.
4. Pour the sauce in the pan and add chickpeas.
5. Bring to a boil until the sauce simmers. Fry for a further few minutes
6. Taste and adjust seasonings. Add more salt/pepper/cayenne pepper if needed.
7. Serve with your pre-cooked brown rice. Enjoy!



Lentil Spag Bol

Serves 4

For The Spag Bol

- 1 x 400g tin of green lentils
- 1 x medium sized chopped onion
- 1 x finely diced large carrot
- 2 x finely chopped sticks of celery
- 4-5 cloves of crushed garlic
- 2 x 400g tins of chopped tomatoes
- 1 x teaspoon each of paprika, oregano, thyme and basil (or fresh)
- Chilli flakes (optional)
- Vegetable stock cube or bouillon powder
- 1/2 cup of finely chopped walnuts
- Salt and pepper to taste
- Chickpea, lentil or buckwheat pasta to serve. Green salad.
- Vegan cheese (optional)

Method

1. Fry your chopped onion, carrot and celery sticks until soft.
2. Add your oregano, basil, thyme, paprika, chilli flakes (optional), and fresh garlic. Fry for 1 more minute.
3. Add 2 x tins of chopped tomatoes, a vegetable stock cube or 1 x tsp of bouillon powder, 1 x tin of green lentils and half a cup of toasted and finely chopped walnuts (don't skip this part as it's the piece de resistance when it comes to texture).
4. Bring to simmer and reduce for 10 minutes. Add some hot water if required!
5. Serve with pasta and vegan cheese (optional), and a big green salad.

Caribbean Tofu with Coconut Quinoa

Serves 4

For The Tofu

- 800 grams of firm block tofu cut into 2cm approx cubes
- A little olive or coconut oil for cooking (optional)
- Marinade Ingredients: 2 tsp ground coriander, 1tsp of all-spice, 1 tsp turmeric, 1 tsp of chilli flakes (or to taste), juice of 1 lemon and 1 lime, ground black pepper

For The Quinoa

- 200 grams of white quinoa (make sure you either soak if first or rinse it really well in cold water)
- Handful of coconut flakes



Method

1. Mix all your marinade ingredients together in a bowl until smooth.
2. Add your tofu and coat thoroughly, stirring gently so you don't break up your tofu.
3. Cook your quinoa as per packet instructions.
4. A few minutes before the end of cooking time add your coconut. If everything begins to stick, just add more hot water a little at a time until your quinoa is tender. You DO NOT want to drain quinoa; the aim is to get it just right by adding more hot water slowly at the end.
5. Five minutes before the end of the quinoa cooking time you can begin to fry your tofu in a non-stick pan. If you are not using oil then you will need a very good non-stick pan or it will stick. Make sure you cook until lightly browned on all sides. If your quinoa has cooked in the meantime then remove it from the heat and cover to keep warm.
6. Serve your tofu on top of your quinoa.
7. Add some steamed side veggies if you need some greens with this.

Chana Masala and Red Pepper

Serves 3-4

For The Masala

- 1 x white onion
- 2 x 400g cans of chickpeas, drained
- 1 x 400g can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1 x inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 x crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chilli pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and chopped mango for serving (use quinoa for higher protein)



Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chilli pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using.
7. Serve with brown rice and chopped mango.

Sausage and Bean Casserole

Serves 4

For The Casserole

- Packet of 6 vegan sausages of choice
- 2-3 x large onions cut into big chunks
- 3-4 carrots sliced thickly
- 2 x 400g cans of cannelloni beans
- 1.5 x cans of chopped tomatoes
- Fresh or dried herbs of thyme, rosemary, 15 juniper berries, bay leaf, pepper.
- 2-3 cloves of crushed garlic
- Good splash of mushroom ketchup or vegan Worcester sauce
- 1 x tsp paprika
- About 400ml of vegetable stock OR to desired consistency
- A tsp of olive or coconut oil (or stock/ water for oil-free)
- Green peas and broccoli for serving



Method

Make this in a casserole dish or slow cooker. If using a casserole dish then pre-heat oven to 170C (340F). Slow cooker will need 3-4 hours usually, but this will depend on your slow cooker.

1. Fry your sausages in a pan until brown on all sides.
2. Heat a large frying pan with your oil or water/stock.
3. Add you chopped onions and carrots and flash fry to slightly caramelise for 3-4 minutes along with any dried herbs.
4. Chop your sausages into 6 pieces each.
5. Transfer ALL ingredients to you cooking dish of choice, mix gently once, then leave to slow cook for 1 hour if using oven.
6. Serve with green peas and broccoli.

Vegetable & Tofu Stir-Fry

Serves 1

For The Stir-Fry

- Mix of sliced veggies (enough for however many you are cooking for) including bell peppers, onions, mushrooms, beansprouts, carrot, courgette, cauliflower and broccoli.
- 2-3 cloves of fresh, crushed garlic
- 1-2 tsp of ginger powder (or fresh)
- Chilli flakes to taste
- 2 x tbsp of tamari or soy sauce
- 1 x tbsp coconut or sesame oil (or broth if oil free)
- 100g of firm, plain tofu per person
- 1 x serving of buckwheat noodles per person



Method

1. Pre slice all veggies and have noodles cooked and ready to add.
2. Chop your tofu into 6 pieces per person and dry fry every side with a little tamari sauce and ginger powder until golden on all sides. You can either freeze any tofu you don't use, or cook it all up and eat the rest as a high protein snack (it will last up to 3 days in the fridge).
3. Heat a large wok with your oil and tamari (do not let tamari burn). Only cook up to 2 portions at a time for even cooking.
4. Add all ingredients apart from noodles and fry on highest heat for about 5 minutes, stirring continuously. Keep veg al dente.
5. Add more tamari if you need to, also a little hot water will help with cooking (don't use much).
6. Add your pre-cooked noodles at the end of cooking time and stir in evenly.
7. Serve with more tamari and top with your tofu.

Spanish Chickpea & Potato Omelette

Serves 3-4

Serve with a Avocado Salad

For The Omelette

- 1-2 x tbsp of olive or coconut oil
- 1 x large red onion, sliced
- 300g of potatoes cut into medium sized slices 1/2 cm. New potatoes or waxy types are best (you can leave the skin on new potatoes)
- 1 x cup of chickpea (gram) flour
- 1 x cup of water
- Salt and pepper to taste (or use black salt/kala namak for a more 'eggy' taste)



Method

1. Add a little oil (if using) to a non-stick pan and add your chopped onion and sliced potatoes.
2. Cook until tender (about 20 minutes) and add a little hot water as you go to prevent sticking if you need to.
3. Mix your chickpea flour and water together in a large bowl (add your water to the flour a bit at a time to prevent lumps) with your seasoning, then add your potatoes and onion mix. Be careful not to break the potatoes up too much if you can.
4. Clean out your non-stick frying pan and add a little more oil (again, you can omit the oil if you are oil-free but you will need to care it doesn't stick, so a good pan is essential.
5. Cook on a medium heat for 6-8 minutes until you start to see sign of the heat coming through to the top and the bottom is golden.
6. Flip or use a plate to turn gently and cook the other side for a further few minutes until golden. Or alternatively, cook the top under a hot grill.
7. Serve with a green salad, tomatoes and chopped avocado with a fat-free dressing of your choice.

Easy Black Beans and Quinoa

Serves 2

For The Casserole

- 1 x white onion
- 1 x 400g can of black beans
- 1 x 400g tin of chopped tomatoes
- 5 x cloves of crushed garlic
- 1/2 tsp of oil (optional)
- 1 x tsp of cumin
- 1 1/2 tsp of oregano
- 1/2 tsp ginger
- About a cup of veggie stock or bouillon
- Black pepper
- 1 x avocado
- Portion of quinoa to serve
- Chopped red pepper to serve
- Squeeze of lemon juice

Method

1. Cook your chopped onion and garlic in a large frying pan until soft, and use either a tiny bit oil or a little water in the cooking process.
2. Add you herbs and spices and dry fry for 30 seconds to bring out the flavour.
3. Add your black beans, stock and tomatoes and leave to simmer for about 10 minutes. Add more water if you need to; you want a chilli type consistency.
4. Serve with quinoa topped with chopped avocado and raw red pepper.
5. Finish with a squeeze of lemon juice.

If you would like anymore information we recommend you join our Private Facebook Group, **PLANT BASED DIET FOR BUSY PEOPLE, FAST AND EASY RECIPES** where we can give you all the support you need on a more personal level.

You are free to ask advice, let us know how you're getting on, and also interact with others who will be doing the same plan as you.

You will also have access to speak with a Nutritional Advisor and Personal Trainer. This will help support you further with your program, and most of all keep you motivated and give you ACCOUNTABILITY.

You can also reach us at the website for lots of useful information, Click the icons below for the links.



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